

# DHMH Announces First Maryland Flu Case of 2010-11 Flu Season

Mayor Rawlings-Blake, State and Local Health Officials Get Vaccinated With H1N1 flu still in the mix, vaccinations still the best protection

## Department of Health & Mental Hygiene News Release

**Baltimore, MD (October 14, 2010)** - The Maryland Department of Health and Mental Hygiene (DHMH) today announced the first official case of influenza for the 2010-2011 flu season. Laboratory tests have confirmed that the flu strain involved is the H1N1 strain the caused the 2009 pandemic. The Baltimore metro area adult has known health risk factors for influenza complications and was hospitalized but continues to recover. The announcement came as DHMH Secretary John M. Colmers, Deputy Secretary Fran Phillips, Baltimore City Mayor Stephanie Rawlings-Blake and City Health Commissioner Dr. Oxiris Barbot received their seasonal flu shots at a city clinic this afternoon.

“Maryland’s first confirmed flu case of this season reminds us all that when you get vaccinated, you are protecting more than just yourself,” said John M. Colmers, DHMH Secretary. “The vaccine that keeps you from getting the flu, will keep you from spreading it as well. Getting vaccinated will help you protect your loved ones, friends, neighbors and co-workers. Remember, some people are more vulnerable to serious flu complications and are at risk of losing more than time from work or school.”

This year you’ll only need one type of flu vaccination to be covered (except for some children under age 9). The seasonal flu vaccine this year will protect you from H1N1 flu and two other flu strains that health officials believe will be the most prevalent this season. The vaccine is widely available this year and Maryland residents are urged to get protected now by contacting their health care provider, Local Health Department or neighborhood pharmacy.

“The CDC is now recommending that everyone above the age of 6 months get the seasonal flu vaccine,” said Fran Phillips, DHMH Deputy Secretary for Public Health Services. “Even if you’ve been vaccinated for H1N1 before, you should get vaccinated again to protect yourself and your loved ones against the flu strains we expect to see this season. Our seniors and anyone with serious underlying health conditions still face a higher risk of complications from seasonal flu.”

Baltimore City is among the many Maryland jurisdictions statewide that have made the seasonal flu vaccine available to everyone through daily or specially scheduled public clinics.

“Getting vaccinated against the flu is the best way Baltimore residents can protect themselves and their families from getting sick,” said Mayor Stephanie Rawlings-Blake. “The effects of flu are far more severe than the common cold and can cause people to miss school, work and other important events. I encourage everyone to talk to their doctor or pharmacist or visit a free City flu clinic and get protected today.”

Find out more about seasonal flu vaccination clinics in your area by calling your Local Health Department or visiting [Get Vaccinated](#) at the [DHMH Flu website](#) for contact information and clinic schedules.

For more information about the seriousness of influenza and the benefits of vaccination, talk to your doctor or nurse, visit [www.cdc.gov](http://www.cdc.gov) or [Seasonal Flu Vaccine](#) or call CDC at 1-800-CDC-INFO.